

# HEMI-SYNC™ Journal

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## HEMI-SYNC AND SUBTLE COMMUNICATION TO FACILITATE LABOR AND CHILDBIRTH



*by Monty Renov, MA*

*Monty Renov is a psychologist practicing in Padova, Italy. A Professional Member of The Monroe Institute since February of 1990, he received his undergraduate degree from Queens College and his MA degree at the Centro per Ricerche Biopsichiche in Padova. He is currently at work on PhD dissertations in both clinical psychology and psychocorporeal studies. In his 1993 Professional Seminar presentation, Monty shared the results of a two year project designed to explore Hemi-Sync's effectiveness in support of pregnancy and childbirth. Findings thus far indicate that hemispheric synchronization frequencies, positive affirmations, autogenic respiratory training, and selected music, working as a synergistic whole, tend to promote feelings of well-being, serenity, and self-confidence for the mother during pregnancy and birth. Benefits may also include a sense of communion with the unborn child, a decrease in labor and delivery time, and noticeable tranquillity in the newborn.*

### IN THIS ISSUE

#### HEMI-SYNC AND SUBTLE COMMUNICATION TO FACILITATE LABOR AND CHILDBIRTH .....i

Monty Renov offers encouraging evidence of Hemi-Sync's capability to ease pregnancy and the birth process for mother and child.

#### WALKING THE AIDS CIRCLE: HEALING THROUGH HEMI-SYNC.....iii

Hemi-Sync can provide vital support to the physical, emotional, mental, and spiritual well-being of AIDS survivors. Barbara Bullard and Kat Carroll share observations from their personal involvement.

This project developed from conversations with a fellow psychologist and friend, Dr. Severina Zambon of Padova, Italy, concerning her primary field of involvement—preparation of women for the childbirth experience. The hospital ambulatory section with which she is affiliated offers pregnant women a preparatory course based on 1) evaluation of their comfort level with the impending role of motherhood, 2) Respiratory Autogenic Training to encourage self-knowledge, attunement to internal processes, mastery of possibly incapacitating anxiety states, and ability to approach the birth process in a relaxed, active manner, and 3) a good grounding in hygiene and nutrition.

Comfort level, the first component, was evaluated by the administration of a battery of psychological tests known as the Small Instrument. Time was also taken to consider the most frequently voiced anxieties and concerns of the women in the program. The issues foremost in their minds and hearts fell into the categories of concerns for self and concerns related to the unborn child. The former included feeling out of touch with inner processes and fear of experiencing them as a helpless victim; low self-esteem; apprehension while awaiting the birth and negative expectations (such as inability to bear the pain) around it; fear of inadequate preparation and tools for the event; distrust of their ability to maintain adequate presence-of-mind and consciousness; fear that child care might be boring; fear of feeling unattractive, unfeminine, and unwanted after the birth; and mistrust of

their own ability to face life situations creatively and confidently. Issues directly related to the well-being of the child included the possibility of sabotaging the child's tranquillity with their own nervousness and anxiety; the possibility of birth defects; general health concerns; and their ability to love the child adequately, gain its trust, and act as good mothers and guides.

Having identified the most prevalent negative attitudes, the task was then to find a method of stimulating corresponding positive expectations. I had already observed the ability of hemispheric synchronization to promote entrainment and deep relaxation, both of which are indispensable for the acquisition and internalization of new knowledge and self-perceptions. Recording and using subliminal tapes successfully to help clients deal with complaints as diverse as PMS, lack of self-esteem, overeating, difficulty in expressing emotions, and depression had encouraged a positive attitude toward this method of learning. Further, this seemed an opportune time to apply my own musical skills to create a composition conducive to entering a relaxed, altered state of consciousness. The result, titled *Sea of Light*, employed unexpected time shifts of a solo instrument counterpoised to a slow, steady, but inconspicuous background rhythm to provide the impetus for shifting to a dreamy, light trance state.

The appropriate positive affirmations were crafted to counterbalance each corresponding negative apprehension of the participants. These were recorded subliminally, together with triggering affirmations and the music, on Side One of the audiocassette. Side Two combined the music with sounds of a real brook interspersed with poetry and relaxing and reassuring images from nature. In the final production phase, a carefully selected layer of hemispheric synchronization frequencies was added to optimize relaxation and receptivity.

The finished product, *For a Joyous Labor and Delivery*, was administered as an adjunct to the Respiratory Autogenic Training. The women were to listen to the tape once daily, from the sixth month of pregnancy up until the day of delivery. Letters have since been received from quite a number of them relating the benefits they perceived. While listening to the tape, they almost imperceptibly found themselves re-entering a world remembered from childhood that had mysteriously vanished as they became adults. Their lives were enriched as they started to discover pleasurable sensations that had gone unnoticed—the smell of a flower, the sound of falling raindrops, inner aspects of their lives. Most participants found it easier to sleep after a week of listening; those who had suffered from insomnia were able to sleep well for the first time in years.

The subliminal modality bypasses the critical, objective capacity of the conscious mind. This capacity is essential to our ability to discern and test reality. However, it is frequently associated with a fear-based impulse to avoid pain and humiliation and becomes coupled with a tendency to reject new situations or possibilities out of hand. This tenacious defense of the status quo may effectively prevent significant life changes. By circumventing this defense system, new, positive paradigms may be presented to the subconscious and formulated to suggest that the desired state is already true and effortlessly available. The subconscious is thereby freed

to begin to reconfigure experience according to the new paradigm. It becomes much easier to reframe experience positively and constructively.

We have obtained most gratifying results by employing this approach, with the invaluable addition of Hemi-Sync, to facilitate the birthing process. Obstetricians frequently commented on the calmness of both mothers and babies during the deliveries. Participating women who used the tape as instructed demonstrated a net reduction, beyond that associated with the effect of Respiratory Autogenic Training, with respect to the norm of labor and delivery time.

The components of the birth process are the prodromic (breaking of the water), dilational, and expulsive phases. Dr. Zambon worked with small groups of three or four women, all primipara (first-time) mothers, in her private office environment. *For a Joyous Labor and Delivery* was used in conjunction with Respiratory Autogenic Training. Taking all three phases into account, the average birthing time recorded was four hours and forty-five minutes. The population sample consisted entirely of Caucasian, Catholic women from the Italian province of Veneto. All prospective mothers took the Small Instrument (Luscher, P.A.R.I., T.C.F.S., M.A.S.) battery of diagnostic tests to identify problems regarding emotional expression, anxiety, sexual role, and attitudes toward their own parents and toward becoming a parent. Conflicts in these areas tended to diminish during gestation and reappear as delivery time approached. The Small Instrument was readministered after delivery.

For evaluation purposes, Professor Brigato, Head of Obstetrics and Gynecology at Padova's Civil Hospital was interviewed. He confirmed that, taking only the two final phases of dilation and expulsion into account, first-time mothers in the autogenic training course averaged a delivery time of five hours and fifty minutes. The hospital groups each consisted of twenty-five to thirty Italian women of Caucasian, Catholic background.

Professor Brigato also furnished additional information which is valuable for comparison. *Treatise of Obstetrics* by Professor Clivio, Vol. 1, published in 1945, states that primipara mothers averaged fifteen hours for all three phases of the process. The *Manual of Clinical Obstetrical Gynecology* by E. Maurizio, 1962, gives an average time of nine to twenty-two hours for the first two phases and one to four hours for the expulsive period. *Clinical Obstetrical Gynecology* by Candiani, 1992, omits the prodromic phase and gives an average of six to eight hours for the last two. In 1945 few Italian women worked outside the home; by 1962 many women worked outside the home but autogenic training was unavailable. In 1992, most Italian women are employed outside the home and birth prophylaxis courses incorporating autogenic principles are common.

Certainly, the reduction in time for the birth process itself and the subjective assessments of well-being and enhanced life quality are encouraging. This study will continue for another year to explore what can be learned from further observation. We would also be interested in employing this synergistic approach to facilitating birth and delivery in a population with different ethno-religious conditioning factors.



## WALKING THE AIDS CIRCLE: HEALING THROUGH HEMI-SYNC



by Barbara Bullard, MA and Kat Carroll, MA

*Barbara Bullard, professor of speech communications, and Kat Carroll, professor of interpersonal communications, have been Professional Members of The Monroe Institute since 1989 and 1992, respectively. Barbara has applied the HUMAN PLUS tape series extensively with her community college classes. Kat also applies Hemi-Sync regularly as a body-mind teacher and director of her own Quantum Living program. Together, they train individuals publicly and privately on subjects related to the development of human potential. This paper, based on their joint presentation at the 1993 Professional Seminar, is an overview of work with the California Positive Immunity Program. In it, they share the "living" insights they have gained into the value of Hemi-Sync for supporting physical, emotional, and mental healing for long- and short-term survivors of AIDS.*

Viewed as a circle, the process of birth, transformation, and death presents us with a series of beginnings—for nothing ever really ends. However, it is not always easy to think in those terms when walking that circle as a survivor of AIDS. Birth becomes the act of simply waking up each day; transformation involves daily survival with new routines, foods, drugs, and dramatic changes in lifestyles; and death is a shadow, a constant reminder of life's delicacy. Working for the last two years with survivors of AIDS in the Positive Immunity Program (PIP), we have journeyed along the edge of the fragile circle defined by the HIV virus. It has also given us precious opportunities to know the "peaceful warriors" who walk that circle daily.

Six years ago, several of our students and friends were diagnosed HIV positive. It was natural to apply our backgrounds in the use of sound, positive imagery, and self-healing to help them cope with this frightening disease. A short time later, we discovered information about the *H-PLUS* tapes and included several of them in our work. *Regenerate*, *Lungs: Repair and Maintenance*, and *Off-Loading* were best received. In fact, within two weeks of learning to use *Regenerate*, two people reported a doubling of their T-cell counts.

Several years later, based on the research conducted by Jim Greene in cooperation with Georgetown University, we extended our help to a larger AIDS circle by offering the

Positive Immunity Program in California. The PIP is a weekend-long intensive course that incorporates tapes from the *GATEWAY EXPERIENCE*, *Waves I* and *II*, as well as an introduction to the *H-PLUS* tapes. It has been two years since that decision, and we would like to share some of what we have been privileged to witness on this path of birth, transformation, and death.

### Birth Is the First Step

AIDS survivors report that living with this disease is like being reborn into a new world—one with its own language, treatments, schedules, support systems, and opportunities. Initially, it can be a very intimidating experience and how well someone copes depends on his or her attitude. It is not news that attitude is a key factor in healing. We have observed this to be paramount in working with AIDS survivors. Those who resist "rebirth" with anger or fear weaken faster and have an average survival rate of eighteen months after diagnosis. Those who embrace "rebirth" with an attitude of hope seek alternative treatments, use the Monroe tapes more regularly, and have a longer survival rate. For example, of eight individuals participating in a recent PIP weekend, six reported that they had never used conventional drug therapies such as AZT and DDI. Using positive attitude, nutrition, exercise, and support systems, such as the Hemi-Sync tapes, these six asymptomatic individuals are classified as long-term survivors; one of them was diagnosed over eleven years ago!

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### Transformation and Hemi-Sync

People who have a positive attitude about their survival enter the PIP weekend workshop ready for healing and transformation, and it provides opportunities for change to occur on all levels. During the two days, participants are guided through the following *GATEWAY EXPERIENCE* tapes: *Orientation-Focus 3*, *Introduction-Focus 10*, *Advanced-Focus 10*, *Free Flow-Focus 10*, *Introduction-Focus 12*, *Energy Bar Tool*, *Color Breathing*, *Living Body Map*, and *Free Flow 12*. A guided-imagery exercise on the immune system concludes the program. Participants are encouraged to use *Release and Recharge*, *Exploration Sleep*, *Problem Solving*, and *One Month Patterning* independently over the next few weeks and to record their individual insights.

Transformative changes begin early in the workshop. Working with *Focus 10* the first morning of the program, people may experience a physical cleansing and display such symptoms as aching and cramping muscles, headaches, nausea, and back pain. Massage therapists and

energy workers are available to facilitate the cleansing of toxins from the body. Participants are also encouraged to consume plenty of water throughout the weekend to aid in this process. As the group moves into the *Focus 12* tapes, emotional and mental shifts begin. These shifts become integrated when, at the end of the first day, *The Living*

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AIDS symptoms.*

*Body Map* is used as a tool to unify the physical, emotional, and mental states. On the second day, for some individuals, the experience moves to a spiritual transformation when *Free Flow 12* and a guided-imagery exercise on the immune system are combined.

Anyone who has worked with the Monroe Hemi-Sync tapes knows that levels of transformation are highly personal. However, powerful changes occur and are evidenced by dramatic differences in complexion, muscular relaxation, and actual reduction in AIDS symptoms. One participant suffered from Kaposi's sarcoma lesions that had moved into his sinuses. He had received radiation therapy, causing the tissue around his eyes to swell severely and turn dark purple. By the workshop's end, this swelling was visibly reduced and the discoloration had shifted to pink. He exclaimed, "I can almost recognize myself when I look in the mirror!"

Such comments as "I have never felt so relaxed," "I haven't had this much energy in months," and "I am leaving with tools that I can really use on my own—wow!" are characteristic late in the second day. Our journey does not end, however, when these individuals walk out the door. We continue as a part of their support system by monitoring and mentoring the use of the tapes and introducing participants to the *H-PLUS* tapes found to be the most beneficial by former participants. These include: *Regenerate, Circulation, Reset, Restorative Sleep, Tune-Up, Lungs: Repair and Maintenance, Off-Loading*, and *Let Go*. *MIND FOOD Energy Walk* has also been popular. Of course the *METAMUSIC ARTIST SERIES* selections are favorites, particularly *Sleeping Through the Rain, Inner Journey, Cloudscapes, Transformation*, and *Prisms*. *H-PLUS Immunizing* is considered inappropriate since the Function Command, Plus-Alert, Destroy, does not bolster an immune system faced with an auto-immune disease. In addition to tape education, support group meetings provide access to and experiences in additional alternative methods, such as oxygenation therapy, rebirthing, and meditation.

#### Closing the Circle

We've also walked to the end of the circle with individu-

als facing the final portion of the cycle of life. Sitting by hospital beds or counseling grieving family and friends, the Monroe tapes are an integral part of the process. For example, many people choose to have *METAMUSIC* playing by the bed of a dying loved one or use it themselves as a coping tool. Following the recent death of a friend and former PIP participant, the family purchased ten tapes for their own use. After the funeral of another participant, friends divided his tape collection among other AIDS survivors. At moments like these, we realize the importance of "walking the circle" with someone as he moves through transformations and finally finishes where he began—closing the circle and moving through death into whatever rebirth awaits.

The experiences of the last two years have proved the value of incorporating Hemi-Sync on this path. It is a coping tool for those struggling with this new way of living; it opens doors to greater human transformations; and it can be used to help create a harmonious release from a body stricken with AIDS. It certainly gives all the "peaceful warriors" facing life with AIDS a most vital tool for their journey.



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